

# FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MCI (P) 125/06/2014

SECOND QUARTER 2014

## SINGAPORE YOUTH AWARD



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# President's Message

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Dear Members and Friends,

It is my pleasure to share with you that University YMCA (Uni-Y) Singapore was awarded the Singapore Youth Award (SYA) on 6 July 2014 for its exceptional humanitarian efforts and outstanding contribution in cultivating a spirit of volunteerism and leadership amongst the youth of Singapore. The SYA is the nation's highest accolade to honour exceptional young people who enrich the hearts and souls of the community and bring distinction to the nation.

Uni-Y is the University Service Club under the YMCA of Singapore and has student chapters at SMU, NUS and NTU. Uni-Y's mission is to develop and empower youth to be servant leaders who will impact our local and international communities.

Here are some highlights from the second quarter:

This year's YMCA School camp was held at Gunung Ledang base camp of Mt Ophir from 9-11 April 2014. Our students were brought out of their comfort zones to experience life among the natural flora and fauna and I am sure the experience will make them stronger and more resilient to future challenges.

The 15th YMCA Charity Golf was held at Sentosa Golf Club from 23-24 April 2014 and raised more than \$388,000 for the YMCA-Lim Kim San Volunteers Programme to recruit, develop and recognise volunteers. Over 120 golfers tee-ed off on the first day

and 28 corporate flights competed for the Lim Kim San Corporate Challenge trophy on the second day.

The YMCA Special and Annual General Meetings were held on 20 May 2014 at YMCA of Singapore.

A SGM was convened this year for the purpose of considering and, if thought fit, passing a resolution to create the position of an additional Vice President with the objective of spreading out the responsibilities of the office bearers. The meeting voted unanimously in favour of the resolution and accepted the proposed amendments to the YMCA Constitution to effect the creation of this new position.

During the AGM, I shared highlights from the various areas of YMCA's work in serving the community in 2013. I thank all members for taking time off from their busy schedules to attend the YMCA SGM and AGM.

The Citi-YMCA Youth For Causes Official Launch 2014 was held on 22 May 2014 at Hwa Chong Institution. Guest-of-Honour, Mr Chan Chun Sing, Minister for Social and Family Development and Second Minister for Defence, witnessed the presentation of \$160,000 in seed funding by Mr Han Kwee Juan, Chief Executive Officer of Citi Singapore to Mr Leslie Wong, Chairman of Citi-YMCA Youth For Causes Committee. 100 teams received the seed funding to execute their social entrepreneurship endeavours from May to September to raise funds for their chosen VWOs and we wish them all the best.

Several major events including the 28th YMCA PESA Awards Ceremony (19 Sep), YMCA Proms @ the Park (27 Sep) and YMCA Giving Gala Dinner (8 Oct) will be held in the third quarter.

Do visit our YMCA Facebook page at [www.facebook/ymca.singapore](http://www.facebook/ymca.singapore) for the latest updates and view photos from our events, as well as our news blog at [ymcaofsingapore.blogspot.com](http://ymcaofsingapore.blogspot.com) for YMCA news.

**"And let us not grow weary  
of doing good, for in due season  
we will reap, if we do not give up."  
Galatians 6:9**

In-His-Service  
**Stephen Loh**  
**President**

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## Cover Photo

**Mr Terence Khoo (L) and Mr Zhao Wen Wei (C) receiving the Singapore Youth Award from DPM Tharman (R).**

*\*Photo by National Youth Council*

*"We make a living by what we get.  
We make a life by what we give."*

*- Winston S. Churchill*

**The YMCA Giving Gala @ The Fullerton Hotel on 8 October 2014** aims to raise **\$400,000** for YMCA to serve the intellectually and physically challenged, abused and underprivileged children, the elderly and the poor through structured and sustained YMCA Community Service Programmes.

You can support this YMCA fundraising effort in various ways:

- Taking up a table for 10 at \$10,000 per table
- Purchasing seats at \$1,000 each
- Making a direct cash donation

*Kindly refer to the enclosed response slip to pledge your support*

Scan to view video



YMCA of Singapore is an approved  
Institution of a Public Character (IPC)

**[www.ymca.org.sg/givinggala](http://www.ymca.org.sg/givinggala)**



# Snapshots

YMCA  
Corporate  
News

04



**Mr Sim Miah Kian**

**14 December 1919 – 5 May 2014**

**YMCA Trustee**  
(1984 – 2014)

**Vice President, YMCA of Singapore**  
(1974 – 1986)

## A Tribute to the late Mr Sim Miah Kian

It is an honour to be asked by the family to give this tribute to the late Mr Sim Miah Kian, an old friend of mine and one of the longest serving Directors of the YMCA of Singapore.

As a school boy, he became associated with YMCA before the war as a student in YMCA School of Commerce. His choice of studying in YMCA School of Commerce was a very wise one because of the learning of English, shorthand and typing and the consequence of all this gave him the tools to deal with the world of commerce and finance and from his hard work he became successful in these fields. His association with the YMCA may have initiated his interest in Christianity.

His actual conversion took place at the age of 50 and after being blessed with many promotions at the managerial level with leading financial institutions, he accepted Jesus Christ as his Lord and Saviour and gave his life to the True Manager Lord which gave him much happiness. He became a very dedicated and committed Christian and was ready to give anything he could to promote social enterprise and community development.

He recognised early in his life the need for a good education and was always grateful for the doors that opened to him as a result of his commercial classes in YMCA. He did not have any hesitation to serve on the YMCA Board when asked to and he did this for many years. His love for God and his walk with Him moulded his character and richly encouraged any of those who came into contact with him at the YMCA. Being a dedicated and committed Christian, Mr Sim devoted much of his time at the YMCA through Christian works and chaired the religious committee for many years. In his later years he became President of the Singapore Bible Society.

Mr Sim often confided in me his approval of the association's interest in the betterment of the community particularly through the YMCA.

Did you know that when the first Singapore Council of Social Service was formed, Mr Woon Wah Siang called a meeting of some 40 heads from religious bodies, voluntary welfare organisations and various municipal departments to mobilise community support for voluntary social service?

This first committee which was headed by Dato' Lee Kong Chian had four YMCA directors in the first executive committee and Mr Sim was made treasurer. When the Bukit Ho Swee fire occurred in 1961, causing 15,000 people to be homeless, this Council raised nearly \$700,000 within a month to help them.

Mr Sim treated everyone with the same unfailing courtesy and good humour! He always had a ready smile for anyone who came into contact with him. His cheerfulness and natural friendliness won him great respect. Some 20 years ago he retired as a YMCA Director and was made an Honorary Member with his distinguished accomplishments in the banking and finance industry. Mr Sim proved to be a great help to me particularly during the rebuilding period after World War II. He organised fund raising projects and was always willing to help when his services were needed. He took on the responsibility as Co-Trustee for the new YMCA building and stood up with 3 others as guarantors for a \$10,000,000 loan from DBS Singapore.

The Community has lost a very good supporter and I personally have lost a good trusted friend and advisor.

Goodbye Miah Kian and may your soul rest in peace in the arms of our Lord and Master Jesus Christ.

**Dr Robert Loh Choo Kiat**  
**YMCA Trustee**  
**President, YMCA of Singapore**  
(1970 – 1992)

## Highlights from YMCA Special and Annual General Meetings

The YMCA Special and Annual General Meetings were held on Tuesday, 20 May 2014 at YMCA of Singapore.

A SGM was convened this year for the purpose of considering and, if thought fit, passing a resolution to create the position of an additional Vice President with the objective of spreading out the responsibilities of the office bearers. The meeting voted unanimously in favour of the resolution and accepted the proposed amendments to the YMCA Constitution to effect the creation of this new position.

During the AGM, Mr Stephen Loh, President, YMCA of Singapore shared highlights from the various areas of YMCA's work in serving the community in 2013.

The Audited Financial Statements for the year ended 31 December 2013 and the 2013 YMCA Annual Report were also adopted by the members.



Four members were re-elected to serve a new 4-year term on the Board. They are Mr Samuel Chan, Ms Koh Shaw Luan, Mr Tan Eng Beng and Mr Teo Zi-Ming.

In the first Board meeting for the year 2014/2015 that convened immediately after the AGM, the Board elected the following as Office Bearers for the year 2014/2015: **Mr Stephen Loh Sur Yong (President), Mr Chew Kwee San (Vice President) and Dr Tan Sze Wee (Treasurer).**

The Board also co-opted three members to serve a 1-year term. They are Mr Albert L H Ching, Mr Ho Chee Hon and Mr Tay Puan Siong.

As we continue to touch lives and lift spirits in the community, we look forward to your continued support and more involvement in our programmes and activities, especially our Full members who are all part of Christ's body.



For its exceptional humanitarian efforts and outstanding contribution in cultivating a spirit of volunteerism and leadership amongst the youth of Singapore, University-YMCA Singapore (Uni-Y) was conferred the Singapore Youth Award 2014, the nation's highest accolade to honour exceptional young people who enrich the hearts and souls of the community and bring distinction to the nation.

Volunteers Mr Zhao Wen Wei, Member, Council of Uni-Y Singapore 2014 and Mr Terence Khoo, Director, Community Service, Uni-Y NTU received the Award from Mr Tharmann Shanmugaratnam, Deputy Prime Minister and Minister for Finance at a presentation ceremony at the Istana on Sunday, 6 July 2014.

In his acknowledgement speech, Wen Wei said, "Uni-Y is humbled to receive this award. As volunteers, we serve because we are passionate about making a positive difference to society."

The Singapore Youth Award (SYA) was established in 1975 to honour exceptional young people who enrich the hearts and souls of the community and bring distinction to the nation. Through these young Singaporeans who have the vision, a "can-do" attitude towards challenges, a "never-say-die" spirit in the face of adversity, the courage to "walk the talk", and the passion to "serve by doing", they have helped to make a better world for all.

Mr Jimmy Ong, Manager, Youth Development Programmes, YMCA of Singapore said that the award will spur Uni-Y to strive harder in its mission to develop and empower youth to be servant leaders who will impact our local and international communities.

"2015 will mark the 10th anniversary of Uni-Y Singapore, and we hope the celebration of this milestone will be a reflection of what we have done and what we will continue to do, that is to create social impact through youth empowerment," said Mr Ong, "We will continue to rally more youths to join Uni-Y in serving the community, and to enrich these youths holistically as they commit their time, skills and talents to touch lives and lift spirits among the less-privileged."

Mr Ong also hopes that the Award will serve as an inspiration. He said, "We hope that youth would be able to live out the 4C's – **Commitment, Competence, Confidence, and Character**; to complete what we start, use our skills to serve others, and to lead through service to be the positive difference!"

Uni-Y is the University Service Club under the YMCA of Singapore and was first established at SMU in 2005. Subsequently, Uni-Y clubs were also established at NUS and NTU in 2007 and 2009 respectively.

For more information about the award and to view the highlights and videos, please visit the YMCA website at [www.ymca.org.sg/SYA2014/](http://www.ymca.org.sg/SYA2014/) or YMCA of Singapore's Facebook page at <https://www.facebook.com/YMCA.Singapore>.

# Snapshots

## Youth Development Programmes

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\*Photos by National Youth Council



# Snapshots

## Youth Development Programmes

06

### Citi-YMCA Youth For Causes Official Launch 2014

Citi-YMCA Youth For Causes (YFC), an annual social entrepreneurship and youth development programme jointly organised by YMCA of Singapore and Citi Singapore, was launched on Thursday, 22 May 2014 at Hwa Chong Institution. Mr Chan Chun Sing, Minister for Social and Family Development and Second Minister for Defence was the Guest-of-Honour at the event, which was attended by over 500 participants, mentors, YFC Selection Interview panellists, representatives from supporting voluntary welfare organisations (VWOs) and schools, and YFC alumni ambassadors.

The theme of the event was ONE – ONE Hundred Teams of 400 Youth; ONE Movement; ONE Common Goal to make a Difference in our Community. Guests were invited to sign on the ONE Signboard during the event. This act represented the unity of the various stakeholders to make a difference in our community.

Mr Chan also led the participants in releasing long and colourful balloons in the auditorium – which resembled shooting stars in the vast sky – as a symbol of the participants' dreams and hopes as they embarked on their YFC journey.

From a field of 181 applications (an increase of 56% from 2013), 100 teams, comprising four youths each, were chosen by a rigorous selection process whereby the teams' proposals were scrutinised and dissected by a Selection Panel comprising senior management executives from both corporate and non-profit sectors. The criteria for judging proposals included innovation, feasibility, as well as level of public and volunteer engagement. Hwa Chong Institution was represented by 24 teams (30 teams in 2013), the most from any institution over the past two years.

"This year's selection was tougher due to the increased competition, but I am heartened by this development as it shows that youths in Singapore are dynamic and willing to come forward to challenge themselves," said Mr Leslie Wong, Chairman, Citi-YMCA Youth For Causes Committee 2014. "The participants will have to brace themselves to overcome the challenges they will face in the next 15 weeks and I am confident that they will be able to make a positive impact on the lives of others."



Each team was provided with \$1,600 in seed funding from Citi Foundation and team members will undergo training – in financial management, safety management, volunteer management, events management, marketing and fund-raising – conducted by YMCA in partnership with NUS Business School. In addition to these training sessions, each team will have a volunteer mentor for guidance and support. The mentors comprise working professionals from sectors such as banking and social service, to various government ministries and statutory boards.

Mr Stephen Loh, President, YMCA of Singapore said that the mentors were integral to the success of YFC which is part of YMCA's mission to develop volunteers.

"The mentors, with experience in their respective fields will serve as an invaluable resource for the teams in executing their projects with excellence," explained Mr Loh. "Through YFC, YMCA will leverage on the mentors' expertise to develop and empower youths to realise their potential, and groom them into responsible community champions who can positively impact society."

Mr Han Kwee Juan, Chief Executive Officer of Citi Singapore, said, "We have seen tremendous success in the programme over the past 11 years with the youth teams raising over \$6 million for 156 VWOs and mobilising more than 110,000 volunteers in the process. We are excited to launch this year's programme for another 100 youth teams. Through their projects, the youths are able to pick up valuable life skills including people and project management skills. More importantly, they will gain a higher level of social consciousness as they seek to fulfill the unmet social needs in Singapore. In addition to funding from Citi Foundation, we are pleased to support the programme with more than 58 volunteer mentors from Citi Singapore who will guide the teams on their projects."

Following the launch, teams will implement their projects for 15 weeks which will culminate in the submission of a final report on 14 September 2014. Some projects include flash mob line dances by team Vigorise, street performances by team D'Arts and a muted music marathon by team Deafying the Odds.

Last year, YFC participants raised over \$756,000 in support of 38 VWOs, the

highest amount raised since its inception in 2003. The endeavour mobilised over 8,900 volunteers who came forward to support the teams' efforts in raising funds and awareness for these adopted VWOs. This programme has continued to support the President's Challenge list of beneficiary VWOs since 2005. More than 4,000 volunteers were mobilised by 27 YFC teams to champion social causes for 11 VWOs and raise \$246,000 under the President's Challenge list of beneficiaries in 2013.



### Citi-YMCA Youth For Causes 2014 Selection



The Citi-YMCA Youth For Causes (YFC) 2014 Selection Interview was held at the YMCA of Singapore on Saturday, 19 April 2014. Teachers, VWO representatives, parents and friends accompanied the interviewees as a show of support. Volunteer judges, numbering 50, were present to select the 100 YFC 2014 teams (out of 181), which will receive seed funding, mentorship and training to implement their social entrepreneurship projects, in support of their chosen Voluntary Welfare Organisation (VWO). Criteria for selection included innovation, feasibility, as well as level of public and volunteer engagement. Some judges were inspired by the energy and passion of the youth and decided to further their participation by becoming Volunteer Mentors.

In support of Uni-Y's efforts to engage the Uni-Y Alumni, Y Factor will feature Uni-Y members who continue to be actively involved in Uni-Y Singapore programmes beyond their graduation.

In this series, we are featuring Ms Cheong May Anne and Ms Angelina Lim from Uni-Y NUS which was set-up in 2007. Both Ms Cheong May Anne and Ms Angelina Lim were instrumental in laying the strong foundations for the Club, and increasing Uni-Y's presence in the university. Read on to find out about their experience and struggles in leading this relatively new club back then, and their words of encouragement for our future Uni-Y leaders.

# Snapshots

## Youth Development Programmes

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**Ms Cheong May Anne**

*Medical Officer  
Singapore General Hospital,  
Department of Haematology*

Ms Cheong May Anne graduated from National University of Singapore (NUS) in 2012 and is now a doctor at Singapore General Hospital. She served on the Uni-Y NUS Executive Committee (ExCo) for two years and was the 2nd President of the Club.

Uni-Y NUS was not yet set up when May Anne was a freshman at medical school. She was inspired to be part of the pioneering Uni-Y NUS Executive Committee after listening to a talk by Mr Albert Ching, who was then the General Secretary of YMCA of Singapore.

In her own words, May Anne found the task of setting up the Club "extremely daunting."

"Uni-Y NUS was at its infancy, and I was a very lost freshman. If I knew what was up ahead, I think the more physiological reaction would have been to find a route of escape," she elaborated. "But what supported the club through the difficult teething stages was the YMCA family, our sister club Uni-Y SMU and the diverse team of Uni-Y NUS."

Despite experiencing many challenges laying the foundations of Uni-Y NUS, May Anne cherishes the memories and says that the experience has influenced her character.

"Uni-Y placed me out of my comfort zone and set the purpose to serve the community outside the healthcare field," she said. "Essentially, it planted the mentality that you are never too busy to serve."

Although it has been two years since she graduated, May Anne continues to be involved in Uni-Y's activities and recently attended UNITE 2014 where she was amazed at how much Uni-Y has grown.

"When I attended this year's event, I had only one reaction - WOAHH! It is so amazing to see how Uni-Y has grown from strength to strength with such a fervent and spirited team," she said. "It is a testimony of God's goodness and faithfulness. Matthew 5:16 puts it best: In the same way, let your light shine before men, that they may see your good deeds and glorify your Father in heaven."



**Ms Angelina Lim**

*Uni-Y Alumni*

Ms Angelina Lim is a fresh graduate of NUS. She served as President of Uni-Y NUS Executive Committee in 2011 and saw the opportunity to take up the role as "an open door from God".

Prior to serving on the ExCo, Angelina was a Uni-Y volunteer and was greatly inspired by how Uni-Y allows members and volunteers to make a positive difference to the community.

"Uni-Y gives me a platform to serve the community, be it local or overseas, which is something I am very passionate about. In addition, YMCA also provides guidance along the way which makes serving the community an enriching and fruitful experience."

Besides serving the community, Angelina also led a group of leaders who were relatively new to Uni-Y and faced the challenge of forging bonds among them and ensuring the sustainability of Uni-Y NUS programmes.

"I was really glad that the activities we had in Uni-Y NUS did make us closer," she explained. "Another challenge I faced was when the Uni-Y leaders wanted to kick-start new Uni-Y programmes despite already having existing ones. After explaining to them about the importance of sustainability in our Uni-Y programmes, they were willing to make the existing programmes even better, instead of starting new ones."

It was through these experiences that Angelina honed her leadership skills and learnt about the importance of listening to all views without judgment before making an objective decision. She hopes that all Uni-Y leaders can seize the opportunity to develop themselves in their own unique way as they continue to nurture Uni-Y and its members and volunteers.



# Snapshots

YMCA -  
Tan Chin Tuan  
Community Service  
Programmes

08

The second Y Camp Challenge of the year was held from 12-15 June 2014 for 70 beneficiaries from Blue Cross Thong Kheng Home, MINDS WEDC, APSN-CFA, COH Toa Payoh and Y STARS. The beneficiaries were joined by 81 volunteers. The Camp was held at Jurongville Secondary School and was themed the Army. Prior to the arrival of the beneficiaries on the second morning of the camp, the volunteers went through belay school and planned night-time games aimed at bonding with the beneficiaries.

On the second and third days of the Camp, participants were exposed to various facets of army life including: 5BX which comprised simple stretching exercises to prepare everyone for the day; singing of army songs and cheers; playing of games derived from the Standard Obstacle Course; and a "night mission". The participants also enjoyed water-based games and activities, including a dance, at Bedok Swimming Complex.

## Y Camp Challenge June 2014 – Army Style



*The Y Camp Challenge is a quarterly outdoor adventure camp for individuals who are intellectually or physically challenged. The camp aims to provide the beneficiaries with opportunities for social integration with the volunteers. It also allows the beneficiaries to challenge and overcome their preconceived limits through various confidence building activities including high rope elements and camp craft. Beneficiaries emerge mentally stronger and are more confident about themselves, providing new found hope for their families and loved ones*

The highlight of the camp was the campfire and disco night where Mr Stephen Loh, President, YMCA of Singapore joined the participants to celebrate their hard work and perseverance during the camp.

To mark the end of the Camp, participants made mementoes by painting caps with army-themed colours and threw their caps into the air with a cheer!



## Y Confidence SHAPE-UP – Experiential learning unlock potential in youths



The first run of Y Confidence SHAPE-UP was organised for 50 students, who are members of Northlight School's National Civil Defence Cadet Corps (NCDCC). The programme was held over six days – 14 and 28 March, and every Friday from 2-23 May 2014.

During the programme, six YMCA staff and

volunteer leaders and six volunteer mentors from Changi Airport Group engaged the students through a series of self-discovery and team-building activities, which culminated in a visit to MINDSVille@Napiri where the students organised a series of sports games for the beneficiaries.

The students expressed their enjoyment and enthusiasm for the programme and said that they have learnt how to love and take care of others.

Mr Goh Gim Siong, a teacher at Northlight school highlighted the intrinsic value of the programme to the youths and said, "Overall, the programme was a great opportunity for the cadets to not just perform a service but to be equipped with skills from planning to facilitation."

The students were awarded certificates and group prizes at the end of the programme to encourage them for their efforts.

The next run will commence in July 2014 for students, who are members of Northlight School's Girl Guides.

Y Confidence SHAPE-UP aims to help youths enhance individual character, promote self-discovery and challenge them to cultivate self-reliance, leadership, compassion and servant leadership. This is with the hope that through the fun-filled experiential learning activities, they will also discover their hidden potential.

The Y Confidence SHAPE-UP programme was initiated and is funded by Changi Airport Group (CAG), while YMCA plans and executes the activities of this programme.



## Y Arts Challenge with MINDSville@Napiri



In preparation for Easter, 15 beneficiaries from MINDSville@Napiri Training & Development Centre were invited to spend the afternoon of 11 April 2014 at Credit Suisse's office located in One@Changi. Together with 12 befrienders from Credit Suisse who decided to use their lunch break meaningfully, the beneficiaries made Easter baskets using recyclable materials which included used plastic 1.5-litre water bottles and recyclable materials. Following the enriching experience, the joy continued for the participants as the beneficiaries brought home their hand-made baskets filled with delicious snacks; and the Credit Suisse staff returned to work with a sense of fulfilment.

Y Arts Challenge employs dance, performing and visual arts as a platform to engage children and youths who are underprivileged, intellectually challenged or hearing impaired. The programme allows the beneficiaries to express themselves creatively and aims to uncover and develop their hidden talents. To build self-esteem and confidence, numerous platforms are also provided through the programme for the beneficiaries to showcase their talents and crafts.



## Y Photo Club – Photography Outing @ Labrador Nature Reserve

Putting photography theory into practice, 22 Y Photo Club beneficiaries from APSN (Association for Persons with Special Needs) Tanglin School and APSN Centre for Adults experienced outdoor photography in the company of 23 volunteers from Credit Suisse and 20 YMCA volunteers during an outing to Labrador Nature Reserve. The hot weather did not deter the volunteers from joining the beneficiaries in this meaningful activity which was held on 21 June 2014.

Y Photo Club provides beneficiaries with the opportunity to explore and capture the beauty of life by equipping them with photography skills. Indoor theory and outdoor practical photography sessions are facilitated by volunteers and experienced photographers. As an extension of Y Arts Challenge, Y Photo Club also allows the beneficiaries to express their creativity through photography as an art and to build their self-esteem and confidence as they interact with the volunteers and share their works with pride and joy.



# Snapshots

YMCA -  
Tan Chin Tuan  
Community Service  
09 Programmes

## Y Nature Walk with Blue Cross Thong Kheng Home



Beneficiaries from Blue Cross Thong Kheng Home got up close and personal with orchids on 10 May 2014. Accompanied by 10 befrienders from Credit Suisse, the 20 beneficiaries visited the National Orchid Garden which houses more than 600 species and hybrid orchids. Strolling through the Garden, the group enjoyed the tranquil surroundings and the beauty of the orchids.

Y Nature Walk is a monthly programme organised to provide individuals with special needs and physical disabilities with the opportunity to appreciate the beauty of life in Singapore's nature parks and reserves. The beneficiaries are often deprived of this opportunity due to the challenges and circumstances which they and their caregivers face. Each outing is meticulously planned and organised by YMCA volunteers who also conduct fun and educational activities along the way to bring cheer to the beneficiaries.

It was a good event.  
Keep up the good work

– Anuj Srivastava  
Volunteer from Credit Suisse

*Thank you Credit Suisse  
for sponsoring and providing volunteers to make these events possible!*



# Snapshots

YMCA -  
Tan Chin Tuan  
Community Service  
Programmes 10



## Y Sports Swim Safer



Volunteers from Bedok Sports Centre took time out on twelve Wednesday afternoons from 26 March – 18 June to spend time with children from Children's Aid Society - Melrose Home for the Y Sports Swim Safer Programme. Ten beneficiaries, aged 3-18 years-old, engaged in ice breaker games and swimming lessons with the volunteers and learned a useful skill while having fun.

Melrose Home provides a supportive environment for children between the ages of 3 - 18 years-old, a "home away from home" for children and teenagers who need care and protection in a residential setting. These are children whose parents or family members are unable to provide care or to supervise them. Children of other ages are admitted under special circumstances as well depending on their needs.

The Y Sports Swim Safer Programme is a collaboration between YMCA, Sports Cares, Bedok Sports Complex and selected VWOs to introduce water confidence skills to the children. SwimSafer is a national water safety programme introduced by the National Water Safety Council (NWSC) in July 2010 which combines both the National Survival Swimming Award (NASSA) and the Learn-To-Swim Programme (LTSP) into a progressive six-stage programme. The Y Sports Swim Safer Programme also aims to promote awareness of the less privileged community as well as encourage volunteerism among employees of Bedok Sports Complex.

Y Sports aims to promote a healthy lifestyle among individuals with special needs. Through the programme, the beneficiaries are given opportunities to experience different sporting activities and exercises in the company of volunteers. Fun and triumphant moments are also created during the programme to bring cheer to the beneficiaries and help them to build confidence and self-esteem.

## Y Outing for APSN-CFA with Lingjack Engineering



Staff from Lingjack Engineering Works Pte Ltd took time out on Saturday mornings for Y Outing to befriend clients from Association for Persons with Special Needs - Centre for Adults (APSN-CFA).

On 26 April 2014, 24 staff brought 20 APSN-CFA beneficiaries to the River Safari. The group saw freshwater marine life and the famous Kai Kai and Jia Jia at the giant panda forest. In addition, they went on a river cruise around the Flooded Amazon Forest.

On 31 May 2014, 20 staff brought the beneficiaries to SEA Aquarium to enjoy an amazing underwater experience and view the large variety of marine life there. The group explored the various tunnels in which each tunnel had a particular theme.



On both occasions, the befrienders also prepared goodie bags for the beneficiaries and everyone had a fun time.

Y Outings is a monthly programme that provides the beneficiaries with opportunities for engaging in a range of indoor and outdoor activities and going on excursions to places of interest. These include kite flying, bowling, karaoke, visiting Gardens by the Bay, River Safari, Jurong Bird Park, Singapore Zoological Gardens and participation in skill-based workshops such as pasta making. This programme helps the beneficiaries to improve their self-confidence and interpersonal skills as they mingle with the volunteers and each other during the outings. It also allows the beneficiaries to learn and acquire important life skills including travelling, being mindful of their own safety, appropriate behavior in public places and taking responsibility for their own belongings.





Mr Roberto Galetti is the owner and Executive Chef of Garibaldi, an Italian Restaurant and Bar. Roberto strongly believes in helping others and works with YMCA Project Bridge to provide youths-at-risk with apprenticeship opportunities at his award-winning restaurant. We caught up with Roberto to find out more about him and his motivations.

**1. Why do you support YMCA Project Bridge?**

I support this initiative because I would like to give back to society. I feel honoured to participate in the programme and help others who want improve his/her situation. I would like to share with you this saying from Confucius: if you give a fish to somebody, you help him for one day; if you teach him

how to fish, you help him for life. This is also my philosophy in life.

**2. How is training and guidance provided to the apprentices?**

I consider myself to be lucky as I was mentored by others who did not ask for anything in return. I try to build a family atmosphere at Garibaldi's so that everyone would be happy. I come from a poor family; poor only in monetary terms but rich in patience, courage and love. This is my philosophy to these youth apprentices. Each apprentice is trained by one of the staff and I will check with my staff on the apprentices' progress. If the apprentice is slow to learn, and the staff feels stressed, I will repeat to the staff that a house can only be built brick by brick and we need a lot of patience with the apprentices.

**3. What sort of work do the youth undertake under the apprenticeship?**

This depends on what they are trained in. Usually, they will start from the most basic tasks such as cleaning and dishwashing and their progress depends on how fast they learn. I want them to experience and learn that even basic tasks are important and that everyone in the team, including the cleaner is just as important as the chef. I wish to instil in them with pride and enthusiasm for the job and that they can be leaders in what they do. As long as they carry out their jobs with respect, honour, pride and remain humble, people will note and respect us.

**4. Have any of the youths have been employed after the apprenticeship? What qualities do you look for in hiring staff?**

Yes. There are youths who I have employed after their training. We always look for honesty and humbleness and we have a policy here that everybody deserves a chance. This is something I want as I want them to feel like part of the Garibaldi family and also to help them integrate into

# Snapshots

## YMCA Project Bridge

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mainstream society. I want them to be proud to say that they have a job at Garibaldi, one of the best Italian restaurants in Singapore.

**5. What would you tell other employers who are apprehensive about hiring youths-at-risk?**

There is no reason to be apprehensive. I also registered with the Yellow Ribbon Project to help ex-convicts. There is nothing better in life than be able to help and share with the less fortunate.

**6. What are your future plans for Garibaldi? We heard you have opened a pizzeria.**

There will only be one Garibaldi in Singapore. We just opened a pizzeria called Re:Fresh in June and it is located on Purvis Street where Garibaldi is also located. We have four apprentices from YMCA Project Bridge working there. If the project is successful, I will be able to open more outlets and help more people.



# Mercedes-Benz

Mercedes Benz is a sponsor (Hole-in-One) of the 15th Charity Golf 2014.

# Snapshots

## 15th YMCA Charity Golf

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More than \$388,000 was raised for the YMCA-Lim Kim San Volunteers Programme through the 15th YMCA Charity Golf to boost the Programme's ability of developing and recognising volunteers, and promoting corporate volunteerism. The fund-raising golf event was held at Sentosa Golf Club from 23-24 April 2014.

In 2013, YMCA volunteers contributed 163,000 hours of local and overseas community service to bring cheer to some 13,800 beneficiaries who include the intellectually and physically challenged, underprivileged and abused children, the hearing impaired, the elderly and the poor. Locally, more than 5,800 volunteers participated in 569 activities which touched lives and lifted spirits of more than 4,200 beneficiaries across 16 structured and sustained YMCA-Tan Chin Tuan Community Service Programmes. Another 1,200 volunteers took part in YMCA International Service Programmes and made 56 trips to Cambodia, China, Indonesia, Laos, Sri Lanka, Thailand and Vietnam to teach basic English and computer skills, conduct health education and assist in infrastructural upgrades for schools in rural villages.

Mr S Iswaran, Minister, Prime Minister's Office, Second Minister for Home Affairs and Second Minister for Trade and Industry graced the event which saw over 120 individual golfers tee off on the first day and 28 corporate flights competing for the Lim Kim San Corporate Challenge trophy on the second day.

MyLaoHome, represented by Tan Kean Chee, Robert Ong, Francis Au and Lee Shin Huai won the Challenge trophy, while Times Publishing Group and Lum Chang Holdings finished first and second runners-up respectively.

The individual winners were: Raymond Seah (1st), Ho Kah Choy (2nd), Tam Chee Chong

15th YMCA Charity Golf – Over \$388,000 raised to champion volunteerism



(3rd) and Lynn Wong (Ladies' Champion) on Day 1; Tan Kean Chee (1st), Tim Pinnegar (2nd), Lee Shin Huai (3rd) and Marilyn Lum (Ladies' Champion) on Day 2.

To make the tournament more interesting, a "Who's the Boss" photo challenge gave golfers the opportunity to win \$1,250 worth of Boss Green apparel. In their flights of four, the golfers were required to strike a pose that best illustrated the theme "Who's the Boss", in front of a Hugo Boss backdrop. The challenge was won by Lynn Wong, Anthony Lee, Lee Koon Ming and Kelvin Pereira on Day 1; and Richard Yong, Steve Elrick, Ken Wong and Tony Lee on Day 2.

As part of the festivities, all golfers received a mock cover page of the Golf Digest Singapore magazine, personalised with their individual photograph captured during tee-off.

The top prizes for the event included an Eagle hole prize featuring a SunCat 23 solar catamaran worth \$200,000 sponsored by Horizon Yachts Pte Ltd; and Hole-in-One prizes featuring a Mercedes-Benz E 200 ELEGANCE worth over \$154,000 (includes one year road tax and registration fee; excludes COE) sponsored by Daimler South East Asia Pte Ltd; a TOTO Washroom make-over worth \$30,000 sponsored by W. Atelier Pte Ltd; and a Breitling for Bentley Flying B watch worth over \$23,000 sponsored by Melchers Time Pte Ltd.

NTUC FairPrice Foundation Ltd and the Tote Board were the main donors for the event.

YMCA of Singapore thanks all golfers, donors and sponsors for the generosity and support.



### About the YMCA-Lim Kim San Volunteers Programme

The volunteers programme is named after the late Mr Lim Kim San, one of the founding fathers of Singapore, and also an Honorary Life Member of the YMCA of Singapore. The programme aims to promote and raise the standards of volunteerism, develop volunteer capabilities to better serve beneficiaries as well as recruit, train and recognise volunteers.

Introduced in 2007, the key thrusts of the YMCA-Lim Kim San Volunteers Programme are the training and development of volunteers and promoting of Corporate Volunteerism. Through the Programme, YMCA has facilitated several major corporations including Citi Singapore, Credit Suisse, NTUC FairPrice, Superior Multi-Packaging Ltd, Dell, UPS and more in mobilising their staff to serve across various structured and sustained YMCA community service programmes locally and overseas.





# Snapshots

15th YMCA  
Charity Golf

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YMCA would like to thank the following corporations  
for participating in the Lim Kim San Corporate Challenge:



YMCA would also like to acknowledge the following organisations  
for their contributions towards the prizes and goodie-bag items:



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# Snapshots

## VSMP Commencement Ceremony

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### YMCA-NUS Business School Volunteer Service Management Programme Commencement Ceremony



On Friday, 11 April 2014, 56 graduates from the YMCA-NUS Business School Volunteer Service Management Programme (VSMP) received their certificates at a commencement ceremony held at YMCA of Singapore. Mr Keith Chua, Executive Chairman of ABR Holdings Limited graced the occasion as the Guest-of-Honour.

In his address, Mr Stephen Loh, President, YMCA of Singapore shared that to date, the programme

had trained 190 staff of more than 80 non-profit organisations and over 300 youths from Citi-YMCA Youth For Causes.

"Many of the participants have found VSMP to be very educational and comprehensive, and a good platform to share experiences, learn from their peers and from the very experienced trainers," said Mr Loh. "Participants from the Citi-YMCA Youth For Causes programme have applied what they learnt from VSMP to their projects and have helped to raise on average \$600,000 per annum for the voluntary welfare organisations of their choice."

Introduced in 2006, the YMCA-NUS Business School Volunteer Service Management Programme (VSMP) is the first comprehensive management certification course in Singapore that equips volunteers and staff in the social service sector with the skills and knowledge to execute their projects successfully. Participants of Citi-YMCA Youth For Causes are given the option of signing up for the VSMP to learn skills for their fundraising projects.

The next run of the YMCA-NUS Business School Volunteer Service Management Programme will be held in September for volunteers and staff from Voluntary Welfare Organisations. Should you wish to find out more about the programme, please contact Li Chye at [lichye@ymca.org.sg](mailto:lichye@ymca.org.sg).



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HUGO BOSS is a sponsor of the 15th YMCA Charity Golf 2014.



## 8th YMCA Mandarin Speaking Awards (MSA)

The 8th YMCA Mandarin Speaking Awards was held over from 25 March to 24 April 2014 with the aim of sharpening Mandarin speaking skills and building self-confidence among the youths.

The Award Ceremony was held on Friday, 30 May 2014 at Woodlands Regional Library Auditorium. Guest-of-Honour, Ms Sim Ann, Minister of State, Ministry of Communications and Information & Ministry of Education, delivered a speech and presented the prizes.

A record-breaking 311 speakers, a 40% increase from 2013, participated in this year's event, which saw the expansion of the Secondary and Junior College categories to include a semi-final round. The additional competition provided more participants with opportunities to make an impromptu speech in English as part of the bilingual element which was introduced last year.

Mr Stephen Loh, President, YMCA of Singapore, said, "Through the YMCA Mandarin Speaking Awards, we nurture youths and build their character so that they may realise their full potential and emerge as confident young adults. I believe our efforts have not been in vain as the participants have shown remarkable courage to challenge themselves and they have gained invaluable experience that will see them through life in the future."

Chairman YMCA Speaking Awards & YMCA Mandarin Speaking Awards, Mr Kenneth Tan said, "The major increase in participation speaks volumes about the significance of the event, especially with regard to the promotion of Mandarin and the development of our youth. It also highlights the importance of Mandarin in today's context, where Mandarin is becoming more and more ubiquitous around the world."

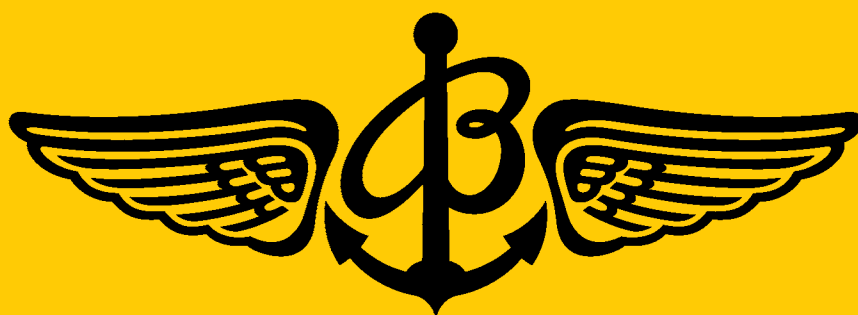
The annual YMCA MSA is a national level public speaking competition supported by the Ministry of Education and the Promote Mandarin Council. Students compete in Lower Primary, Upper Primary, Secondary CL1, Secondary CL2, and Open (for JC/ CI/ ITE/ Poly & youths 15 to 35 years) categories, and are judged on speech content, language, manner of delivery and expression. Secondary School and Open Category finalists were also subjected to an impromptu bilingualism speech segment where they delivered their speeches in Mandarin and English.

These year's finalists from the Secondary and Open categories participated in experiential learning trips to either APSN – Centre for Adults or Asian Civilisations Museum, and thereafter crafted their Finals speech based on their personal experience.

## Snapshots

### YMCA Speaking Awards

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# BREITLING

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# Snapshots

## International Service Programmes

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### Reflection on International Service Programme to Pangasinan, Philippines

YMCA of Singapore organised its first ever International Service Programme to the Philippines for 21 Uni-Y NTU volunteers from 18-31 May 2014. We went to the province of Pangasinan and co-operated with seven volunteers and seven staff from YMCA of Pangasinan in the construction of a water tank system for a local school – Anda National High School. In the island town of Anda, natural water resources are scarce, hence, its water reserves are limited especially during the dry season. This water tank system aims to alleviate the water needs of *barangay* (village) Sablig and its local community.

This project gave us the valuable opportunity to interact with the local students in Anda as well as with its people during our weekend homestay with some families of the local community. We also had the chance to visit and interact with the disadvantaged local community during our visit to Dagupan, Pangasinan.

For me, these two weeks had been fulfilling and enriching. Although short, the trip has developed my body, mind and spirit as it presented a reality which went far beyond my comfortable life back home in Singapore. Our dumpsite visit in Dagupan enlightened me to the plight of its community where countless sacrifices are made all the time and how families of up to seven children can live on less than S\$8 a day under make-shift zinc roofs which are inadequate to protect them from being exposed to the sometimes harsh winds and weather conditions. The local community live on a day-to-day basis just to make ends meet. They gather recyclable and reusable materials to sell and are oblivious to the danger and risk of unexpected explosions which may occur across the vast piles of waste because of the combustible methane arising from the decomposing trash. As heart-wrenching as it may seem, this is just one of the many issues to be addressed in Dagupan.

There is a different, perhaps deeper level of realisation and self-reflection involved in experiencing an actual real-life situation, compared to just being verbally informed and aware of it. For example, we can all easily empathise with the water scarcity issue in Anda based on hearsay; but it is not until we live as part of the local community that we truly realise the importance of water



in almost all aspects of our daily life and appreciate the struggle for water and its value to the local people of Anda. This was my experience when it came to understanding the water needs of the people in Anda and the significance of our water tank system project to the local community. Throughout our project, we stayed in some of the classrooms of Anda National High School where all our water needs for personal use, cleaning, cooking and construction were specially ordered in for us. Yet, there were instances where our water supply ran short and we had to tap on the nearby *barangay* groundwater pumps and deep water wells for our immediate water needs. This was when I truly appreciated the importance of water in my daily life and valued the reliable supply of clean water that I usually take for granted back in Singapore.

We began the construction of the water tank system from scratch over an empty plot of land behind Anda National High School. Our chief architect, a YMCA of Pangasinan staff, had clear goals for the construction project every day and we worked hard to reach our daily checkpoints despite the sometimes unexpected rain and delay in material delivery. Over the two weeks, it was a comforting sight to see considerable physical development and progress in the construction of the water tank system. However, as we took our leave, the water

tank system project remained uncompleted. Nevertheless, we are constantly being updated on its construction by our Filipino friends and we look forward to its completion by end July 2014.

As a leader, I never considered leading the Uni-Y NTU ISP 2014 team as a challenge. Instead, I saw it as an opportunity to give our team members a taste of international volunteerism and show them the path towards making a difference in the community. There are many values and qualities which I felt were important for them as team members to realise and as a leader, I took it upon myself to bring these areas of personal development to their attention where they can discover more about themselves as a person. Although there were numerous responsibilities and tasks during the journey, I felt blessed to be working with my co-leader, Clarice Chan to make balanced and well-justified decisions, sometimes as hard and unpopular as they may be. I am also very grateful to all our team members who have displayed tremendous teamwork, initiative and drive throughout this journey together. It was the commitment and dedicated efforts of everyone that defined the success of this project as it is today.

**Contributed by Mr Devesh Raju Kripalani  
Student Leader ISP @ Philippines  
(Pangasinan), Uni-Y NTU**



YMCA of Singapore administers funds from the National Youth Council to support volunteers for the Youth Expedition Project (YEP). This support enables youths to embark on service-learning expeditions to make a difference to overseas communities in ASEAN, China and India.





This year, the YMCA School Camp headed 215 kilometres north towards the Gunung Ledang base camp from 9-11 April 2014. Experiencing the rich variety of flora and fauna among the beautiful lush greenery of Mount Ophir, our students experienced a wide variety of adventure trails. Each trail was laced with exciting activities and countless opportunities to challenge the students.

The obstacle trail began with a short hike around the base camp where students encountered water elements, challenging boulders and a range of other activities designed to instil teamwork. Apart from clearing the obstacles, our students were taught resilience through basic survival skills such as cooking in the forest, setting traps for small animals and even how to use a blow pipe. To sweeten their experience, students were also treated to a dip at a freshwater waterfall in the heat of the afternoon. While enjoying the waterfall was an unforgettable experience, walking to and fro from the base camp took some effort. In spite of the challenges, the students displayed much resilience and team work.

# Snapshots

YMCA School

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After two days of obstacle trails, on the second night, our enthusiastic trainers organised a campfire showcasing song and dance items by the students. Amid campfire songs and cheers, we could feel the camaraderie and bonding of the students and teachers. The last day at Malacca was a time for our students to acquaint themselves with the UNESCO World Heritage Site. After a quick lunch of Peranakan food, chicken rice balls and chendol, it was time to set off for Singapore.

Building on YMCA School's focus on Character and Citizenship Education, the school camp was a powerful outdoor learning experience. The students were taken out of their comfort zone as they faced many challenges trekking and climbing high boulders. They learnt to be resilient and there were many opportunities for team-work and leadership training.

**Contributed by Mr Abraham Ho,  
Teacher, YMCA School**





# Snapshots

## Child Care & Student Care

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### NUS Local Community Involvement Project (CIP) with children from YMCA SCC @ Loyang

The primary one and two students had a fun-filled afternoon on 26 February 2014 when 24 NUSSU (National University of Singapore Students' Union) undergraduates visited YMCA SCC @ Loyang to carry out a local Community Involvement Programme with the children.

As part of their preparations for their first International Service Programme trip to Vietnam, the undergraduates requested to work with our children so as to gain some practical experience in interacting with kids. The undergraduates played games – including Pictionary, finger Hoola hoop, and a modelling clay game – with our students. The games allowed the participants to bond and develop teamwork and listening skills.

At the end of the day, our students expressed their wish to see the undergraduates again while the latter provided feedback that they had a meaningful time with the juniors.

*Contributed by Ms Joanne Korrine  
Assistant Supervisor, YMCA SCC @ Loyang*

### Reflections on pre-trip Community Involvement Project (CIP) at Loyang Primary School

Our interaction session with the children from YMCA SCC @ Loyang turned out to be a meaningful and important lesson for all the participants involved. Through an afternoon of short games, the children learnt more about teamwork and communication skills while enjoying the entire process.

From this CIP, we learnt about the importance of clarity of instructions as well as ways to capture the attention of young children. It also served as a testing ground for activities that we have planned as part of the curriculum for Vietnam, and the feedback received from this session would go towards improving the games to facilitate teaching.

The experience definitely taught our team members even more lessons on communication with young children which would be critical to our upcoming project in Vietnam.

*Contributed by NUS Volunteers*

### Induction tour of YMCA Child Development Centres (CDC) and Student Care Centres (SCC) for Mr Lo Chee Wen, General Secretary, YMCA of Singapore

On 16 April 2014, Mr Lo Chee Wen was accompanied by Ms Lynette Yeo for a brief tour of YMCA CDC @ Woodlands and YMCA SCC @ Canberra, East View, Queestown and St Margaret's.

At each centre, Mr Lo was introduced to the staff and children, the centre's facilities and briefed on the daily operations. The children were very happy and excited to meet with Mr Lo. At St Margaret's SCC, the children even performed a dance item to welcome him.

Each centre's children also presented Mr Lo with a hand-made souvenir (from recycled material) to thank him for making time to visit them.

*Contributed by Ms Susan Lim  
Executive, Child Development & Student Care Centres*



### Singapore Polytechnic students visit YMCA SCC @ East View



A group of 16 students from Singapore Polytechnic (SP) visited YMCA SCC @ East View on 14 April 2014 to put into practice the experience and knowledge gained from their International Service Programme (ISP) trip. The volunteers coached the children in their work and organised games and activities for the children including charades, a telematch, a word-forming game and a treasure hunt. The volunteers also conducted an Art and Craft session teaching the children how to make pencil holders using recycled materials. It was certainly a meaningful day for the volunteers and children.

*Contributed by Ms Michelle Tay  
Assistant Supervisor, YMCA SCC @ East View*



## YMCA @ One Orchard awarded TripAdvisor Certificate of Excellence

YMCA @ One Orchard was awarded the TripAdvisor Certificate of Excellence for the second year running on 20 May 2014.

The TripAdvisor Certificate of Excellence celebrates hospitality excellence and is given only to establishments that consistently achieve outstanding traveler reviews on TripAdvisor. Winners of the Certificate of Excellence are located all over the world and represent the upper echelon of businesses listed on the website, with only the top 10 percent receiving the prestigious award.

The award is an affirmation of YMCA @ One Orchard's commitment towards excellence in serving our guests with warmth and hospitality.



# Snapshots

## International House

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### YMCA @ One Orchard is going green ...

#### Reusing of towels by guests

Every day, million litres of water and laundry detergent are used to clean towels that have only been used once.

Since May 2014, YMCA has placed tent cards in our rooms which encourage guests to conserve water and reduce the usage of cleaning chemicals by reusing their towels.

Guests were requested to either hang their towels on the rack should they wish to reuse their towels or leave their towels on the floor should they require a fresh towel.

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# TOTO

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# Snapshots

Christian  
Wellness

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## YMCA School's Agape Club visit to St Andrew's Cathedral

A group of six students from YMCA School's Agape Club visited St Andrew's Cathedral on 21 May 2014 to learn about the building's history. The students were introduced to the Baptismal Font, the Bishop's Throne and the various stained glass windows.

The site occupied by the Cathedral was expressly reserved in 1823 for a church by Sir Stamford Raffles, the founder of Singapore. It was not until 1834 that the foundation stone of the first Anglican Church was laid on the site of the present building. This church was completed in 1837 but enjoyed a short and unfortunate history. Twice struck by lightning it was condemned as unsafe and finally closed in 1852. The construction of the church building was funded by Scottish merchants. As such, the Church was named after St Andrew, the Patron Saint of Scotland, an Apostle and brother of St Peter.

## YMCA Public Talk: Biomedical Ethics



On 15 May 2014, YMCA organised a Public Talk on biomedical ethics which was attended by 17 people. Advances in medical treatments and research methods have brought about a set of challenges not faced by Christians before. There are a myriad of ethical issues with no straightforward answers. One would need to consider multiple perspectives and contrasting evidence when confronted with these issues.

Dr Alex Tang, a Senior Consultant Pediatrician (KPJ Johor Specialist Hospital, Johor Bahru) and Associate Professor of Pediatrics (Clinical School, Monash University) spoke at the Talk. Dr Tang has a special interest in biomedical ethics and often lectures at Malaysia Bible Seminary, Malaysia and East Asia School of Theology, Singapore. He shared with the attendees some of the new advances in medicine and what is involved when one opts to utilise this new technology, for example, in-vitro fertilisation.

Dr Tang also presented various viewpoints about when life commences and discussed the use of contraceptives and stem cell research.

The attendees all provided feedback that the Talk was useful and informative.



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# Up Close & Personal

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The YMCA Fencing Programme is a long-term developmental programme based on the successful Russian model of sporting development. It is directed at developing young fencers towards competing internationally. Designed according to principles of social science, it emphasises on the use of games for strong and progressive physical, psychological and fencing development. Children learn discipline, commitment, teamwork, determination and diligence through the experience.

YMCA Fencing Programmes		
Programmes	Ages	Day/Time
Fencing Children (Foil)	Age 7+ No experience required	Tue 4.30pm-6.30pm Thurs 3-5pm Sat 12pm-2pm Sun 3.30-5.30pm
Fencing Foil Foundation	Age 8+ No experience required	Wed & Thurs 3pm-5pm Sat 4pm-6pm Sun 3.30-5.30pm
Fencing Foil Pre-competitive	Age 13+ 2 year experience	Mon & Wed 5-7pm Tue 4.30-6.30pm Sat 2pm-4pm/4-6pm
Fencing Epee Pre-competitive	Age 13+ 1 to 2 year foil/epee experience	Mon 3pm-5pm Thurs 5pm-7pm Sat 10am-12pm
Adult Epee	Age 17+ No experience required	Wed 7.30pm-9pm Sat 10am-12pm

## Interview with Maxine Wong

**13 year-old Maxine Wong Jie Xin is passionate about fencing. She has been training for the sport at YMCA for seven years and won numerous medals since making her competitive debut in 2009.**

**In this issue of Y Factor, she shares about her life and fencing.**

### 1. When and how did you get started in fencing?

In 2007, my friend Ruth Ng, a national fencer, introduced my sister and myself to fencing and to train with her. The first session proved to be really fun and interesting. At that time, I had not picked up the weapon yet, only doing so two years later. So during the first session, I only took part in the exercises and games, which for a young kid was really fun! This fun made me continue with fencing.

### 2. How is your training regime like?

I train 3 to 4 times a week for 2 to 2.5 hours each time. During each training session, I start off by warming up and stretching my muscles. Then, I carry out a few agility exercises before proceeding to have my individual lesson with my coach. After the lesson, my teammates and I suit up in our fencing gear and spar with one another.

### 3. What is your biggest challenge, and how do you manage or overcome it?

My biggest challenge is juggling between fencing and my heavy school workload. Due to school and fencing training, I often have to stay up late to complete my homework.

It requires a lot of discipline to balance both. However, I am thankful for my mother's advice in time management.

### 4. How supportive are your parents?

My parents support me financially and logistically and just about everything else. They pay for all the fees, the expensive equipment, fencing clothes as well as all the overseas trips for my competitions. They fetch me around from home to training, from school to training, saving me a ton of time. Most of all, during competitions, they are always there to give me encouragement and moral support which I really appreciate. My parents also support me through my ups and downs, be it in fencing, my studies or just life in general.

### 5. What are your other interests?

My other interests are playing basketball, reading, singing and dancing. Basketball has always been my other favourite sport since young. Not only does it help to improve my stamina, I also enjoy working with teammates which is an unusual thing for me as fencing is an individual sport. I enjoy reading fiction books – mainly fantasy books as they are so captivating. My favourite series to date are Harry Potter and Percy Jackson. As for dancing and singing, those are activities I enjoy doing with my sister.

### 6. How did you feel when you won your first medal?

I won my first Bronze medal in the Malaysian Touché Fencing Competition in 2009 when I was 8 years old. I was really elated when I found out that I had won a bronze from a regional competition.

### 7. How has fencing benefitted you?

Through fencing, I have developed a sense of discipline which has enabled me to balance fencing and my studies all this while. Due to the long hours spent on extensive training, I always end up doing my homework late into the night. This has helped me to understand how important discipline and time management are. I have learnt how to control myself from doing things which might make me sleep later which in turn might affect my performance in fencing and studies. Fencing has also helped me to develop character and perseverance. After all the training and competitions I have gone through, I have learnt one thing, perseverance is the most powerful quality to have. With it, even if I am really tired and feel like giving up, my perseverance will bring me back on track and I will continue fighting.

### 8. Any future plans related to fencing?

Train hard. Compete in more competitions and be the best I can be.







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**YMCA Members' Privileges:**

10% off cold coffee purchase and pay for only 5 for a 6 pack cold brew set (YMCA exclusive)

- \* Valid YMCA membership card to be produced at point of purchase
- \* Not valid with other promotions/offers

**Contact Details and Operating Hours**

51 Waterloo Street  
Mon – Sat: 11am – 6pm  
(Closed on Sun)



Media Ministry, formed in 1975, is the book distributor and publishing arm of Cru Singapore. We seek to equip, provide resources and assist churches and mission organisations around the region to help fulfill the Great Commission..

**YMCA Members' Privileges:**

12% discount off regular-priced items\* and 12% discount off online orders\*

- \* Except for discounted items, nett-priced items and items on promotional offers etc.
- \* Valid YMCA membership card to be produced at point of purchase
- \* Not valid with other promotions/offers
- \* Members to contact Members Services Centre for online store discount code

**Contact Details and Operating Hours**  
**Showroom**

18 Verdun Road #02-01 Singapore 207280  
Tel: 6356 8336 | Fax: 6356 6103  
Mon, Wed, Thu & Fri: 10am – 6pm  
Tue: 1pm – 6pm  
(Temporarily Closed on Sat, Sun & PH)

**Warehouse & Distribution**

2 Kallang Ave #03-17 CT Hub Singapore 339407  
Tel: 6356 6063 | Fax: 6356 6109  
Mon, Wed, Thu & Fri: 10am – 6pm  
Tue: 1pm – 6pm  
Sat: 10am – 3pm  
(Closed on Sun & Public Holidays)

Be a  
**YMCA**  
Member

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COMMS EQUIPMENTS PTE LTD

Established since 1998, Comms Equipments is an award-winning company that currently operates a chain of StarHub Exclusive Partner retail outlets in Singapore.

Its operating head office is located in Paya Lebar while operating outlets are located in Jem Shopping Mall, Bishan Junction 8 Shopping Mall, Ion Orchard Shopping Mall, Nex Shopping Mall and Toa Payoh which carry products of famous brands such as Apple, Samsung, Sony, HTC and more.

With over 15 years of establishment, Comms Equipments has established its household name in the telecommunication industry as a trusted retailer, marketing and selling only 100% original products under the strict and professional code of business practice implemented by StarHub upon its exclusive partners.

**YMCA Members' Privileges:**

Free premiums worth up to \$88.00 for handset purchase with or without contract.

- \* Valid YMCA membership card to be produced at point of purchase
- \* Not valid with other promotions/offers
- \* For selected models only

**Contact Details and Operating Hours:**

**JEM Shopping Mall** 50 Jurong Gateway Road,  
#04-28, JEM S(608549)  
Tel: 6561 0800 • Daily: 11am- 9pm

**Bishan Junction 8** 9 Bishan Place Junction 8  
Shopping Centre #02-31 S(579837)  
Tel: 6358 0800 • Daily: 11am-9pm

**ION Orchard** 2 Orchard Turn  
#B4-20 ION Orchard, S(238896)  
Tel: 6760 0800 • Daily: 11am-9pm

**NEX Shopping Mall** 23 Serangoon Mall  
#04-45, NEX S(556083)  
Tel: 6788 0800 • Daily: 11am-9pm

**Toa Payoh Lorong 6** Blk 190 Lor 6 Toa Payoh  
#01-510, S(310190)  
Tel: 6266 0800 • Daily: 11.30am-9.30pm

# Be a YMCA Volunteer

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## Week 1 (01.09.14 – 07.09.14)

### Y Camp Challenge September 2014

MINDS CTDC, MINDS AMK, Bishan Home, COH (TPY & Tampines), Tampines TDC

Date : Friday - Sunday, 5 - 7 Sep

Venue : PA Water Venture Sembawang

### Y Makan Fellowship

Lions Befrienders

Date : Saturday 6 Sep

Time : 10:00am – 1:00pm

Venue : YMCA of Singapore

### Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 6 Sep

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre



### Y Guitar Club

Association for Persons with Special Needs - Centre For Adults & The Tent

Date : Saturday 6 Sep

Time : 9:00am – 2:00pm

Venue : 29 Jalan Tembusu

## Week 2 (08.09.14 – 14.09.14)

### Y Green Fingers

Association for Persons with Special Needs - Centre For Adults

Date : Wednesday 10 Sep

Time : 2:30pm – 5:00pm

Venue : 29 Jalan Tembusu

## YMCA-Tan Chin Tuan Community Service Programmes

If you have a heart for the intellectually and physically challenged, abused and underprivileged children or elderly, we want YOU! YMCA of Singapore organises regular activities to improve the lives of the less fortunate.

Please note that programme details are subject to change and volunteering slots are subject to availability.

To register as a YMCA volunteer, please fill in your details in the YMCA Volunteer Management System at <http://vms.ymca.org.sg>

For enquiries, please email [volunteer@ymca.org.sg](mailto:volunteer@ymca.org.sg)



### Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 13 Sep

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre

### Y Spring Clean (TBA)

Thye Hua Kwan SAC @ Telok Blangah Crescent

Date : Saturday 13 Sep

Time : 9:00am – 1:00pm

Venue : Blk 3 Telok Blangah Crescent

### Y Dance Outreach

Bishan Home

Date : Saturday 13 Sep

Time : 2:30pm – 5:00pm

Venue : 6 Bishan St 13



### Y Confidence

MSF

Date : Saturday - Sunday, 13 - 14 Sep

Venue : TBC

## Week 3 (15.09.14 – 21.09.14)

### Y Confidence | SHAPE-UP

Northlight School

Date : Friday 19 Sep

Time : 7:00am – 10:30am

Venue : 2 Dunman Road

### Y Spring Clean (TBA)

Sarah SAC

Date : Saturday 20 Sep

Time : 9:00am – 1:00pm

Venue : 105 Jalan Bukit Merah

### Y Photo Club

Association for Persons with Special Needs – Centre for Adults

Date : Saturday 20 Sep

Time : 9:00am – 12:00pm

Venue : 29 Jalan Tembusu

## Week 4 (22.09.14 – 28.09.14)

### Y Confidence | SHAPE-UP

Northlight School

Date : Friday 26 Sep

Time : 7:00am – 10:30am

Venue : 2 Dunman Road

### Y Photo Club

Association for Persons with Special Needs – Centre For Adults

Date : Saturday 27 Sep

Time : 3:00pm – 6:00pm

Venue : Hong Lim Park

### Y Outing

Blue Cross Thong Kheng Home

Date : Saturday 27 Sep

Time : 2:00pm – 7:00pm

Venue : Hong Lim Park

### Y Photo Club

Association for Persons with Special Needs – Centre for Adults

Date : Saturday 27 Sep

Time : 3:00pm – 6:00pm

Venue : Hong Lim Park

### YMCA Proms @ The Park

Various WVOs

Date : Saturday 27 Sep

Time : 2:00pm – 8:00pm

Venue : Hong Lim Park

Website : [www.ymca.org.sg/promsatthepark](http://www.ymca.org.sg/promsatthepark)

